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Tuesday, June 6, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

RUDY STANDS BY COSBY

The comedian and his TV daughter laugh it up ahead of his sexual assault trial. 10

Healthy smoothies for summer. 16

Is McClure to blame for Phils' pitching woes? 14

THE FINAL FILM OF THE BELOVED TRILOGY

HOWARD SHORE'S ACADEMY AWARD-WINNING SCORE LIVE
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THE PHILADELPHIA ORCHESTRA
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PLASTIC BAG BATTLE

Pennsylvania is fighting back against cities like Philadelphia that have tried to limit the use of plastic bags with bans and taxes. 4

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TRUMP WILL NOT BLOCK COMEY'S TESTIMONY

1 President Donald Trump will not invoke executive privilege to block former FBI Director James Comey's scheduled testimony before Congress this week, the White House said. "In order to facilitate a swift and thorough examination of the facts sought by the Senate Intelligence Committee, President Trump will not assert executive privilege regarding James Comey's scheduled testimony,"

White House spokeswoman Sarah Sanders told reporters. Comey was leading a Federal Bureau of Investigation probe into alleged Russian meddling in last year's U.S. presidential election and possible collusion by Trump's campaign when the president fired him last month. REUTERS

FIVE PEOPLE KILLED BY FIRED WORKER IN FLA.

2 A man fired from his warehouse job in April returned to his old workplace near Orlando on Monday and fatally shot five people before killing himself, Orange County Sheriff Jerry Demings said. The 45-year-old suspect had a history of misdemeanor criminal offenses but was not linked to any terror organizations, Demings said at a press briefing. "He was a disgruntled employee that came back to this business this morning," said Demings. The unidentified assailant arrived at the company that makes accessories for recreational vehicles and campers at about 8 a.m. EDT armed with a handgun and a knife, Demings said. He did not use the knife but "shot five innocent people and then turned the gun on himself and killed himself," the sheriff said, adding seven people had survived. REUTERS

TRUMP'S PLAN FOR AIR TRAFFIC CONTROL

3 President Donald Trump outlined a plan to privatize the U.S. air traffic control system to modernize it and lower flying costs, but his proposal drew immediate criticism from Democrats who said it would hand control of a key asset to special interests and big airlines. Trump's proposal to spin off air traffic control from the Federal Aviation Administration (FAA) was part of a weeklong White House focus

on infrastructure. The administration is looking to shift the spotlight back onto Trump's agenda and away from a growing probe into alleged ties between his campaign and Russia. "We're proposing reduced wait times, increased route efficiency and far fewer delays," Trump said. REUTERS

5 THINGS YOU NEED TO KNOW

LONDON VIGIL

4 People attend a vigil at City Hall to honour victims of the London Bridge terrorist attack in London on Monday. This follows the terror attack at London Bridge and Borough Market, central London, where seven people were killed and three assailants were shot dead by police.

GETTY IMAGES

FIFA 'IN CONTACT' WITH QATAR OVER WORLD CUP

5 Soccer's governing body FIFA said it was in "regular contact" with the organizing committee of the 2022 World Cup in Qatar, though it did not comment directly on the diplomatic situation involving the Gulf State. Saudi Arabia, Egypt, the United Arab Emirates and others severed ties with Qatar on Monday, accusing it of supporting terrorism and opening up the worst rift in years among some of the most powerful states in the Arab world. FIFA said in an emailed statement that it was "in regular contact with the Qatar 2022 Local Organizing Committee and the Supreme Committee for Delivery and Legacy handling matters relating to the 2022 FIFA World Cup." "We have no further comments for the time being," it added. Qatar's local World Cup organizing committee and the Asian Football Confederation which organizes international matches in the region, both declined to comment. REUTERS

WELCOME TO METRO.US!

KRISTIN TOUSSAINT, REPORTER

Harvard rescinds some admission offers after students share offensive memes. At least 10 students had their offers of admission withdrawn after the school found out about a Facebook group chat made by incoming freshmen.

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Plastic bags are commonly considered a serious source of litter, but taxes or bans intended to reduce the volume of bags are encountering serious opposition in Pennsylvania. GETTY IMAGES

Plastic bag taxes and bans? Not in Pennsylvania, some opposing lawmakers say

The idea of taxing plastic bags in Philly is facing serious opposition from Harrisburg, which argues that the proposal would hurt recycling.

MADELINE PRESLAND
@MetroPhilly
letters@metro.us

Philadelphia may not be allowed to ban or tax its urban tumbleweed.

The Philadelphia City Council has in the past tried to gain support for legislation that aims to limit the use and litter of plastic bags in Philadelphia. Attempts to enact both a ban and a 5-cent fee per bag were made in 2015, with no success.

Now, the state is weighing legislation to ban municipalities from trying to control the consumption of plastic bags.

"Philly has a litter problem," said state Rep. Greg Vitali, D-Delco/Montco, who opposes the bill. "I think this bill is being driven by Novolex, a producer that has a plant in PA. This is special interest legislation. We shouldn't let one company drive environmental policies."

But state Rep. Frank Farry, R-Bucks, a co-sponsor of House Bill 1071, denied that campaign contributions or other shady deals are driving the bill.

"This isn't about one factory. There are 15 plastic manufacturers, employing 1,300 people, in the commonwealth," Farry said. "Novolex supports this, as do other retailers and small business owners. … It's a significant jobs issue."

But the Philadelphia environmental nonprofit Clean Air Council estimates that the city uses a billion plastic bags per year. Staff attorney Logan Welde thinks people would be shocked at how many of these bags end up in the city's waterways, which ultimately costs money to clean.

"Getting bags is so ingrained in us that we don't understand the impact of taking one bag," said Welde. "You are being billed for them, but it's at a hidden cost."

Even when businesses try to encourage reusing plastic bags or bringing in sturdier cloth bags, some consumers aren't ready to change old habits.

"We are trying to ask customers not to use so many," said Clara Olivares, owner of Olivares Food Market at 17th and Wharton streets. "But we aren't having a lot of luck."

Olivares said she spends around $80 on bags each week. Cutting that cost would save her business money, but she doesn't think her customers are ready to go without the plastic bags unless they are forced to, either through a tax or a ban.

"For retailers, a tax or ban would be a positive thing," Welde said. "And what we are trying to do is change customers' behavior by enacting a fee or ban."

But Farry and state Rep. Mike Hanna, D-Clinton/Centre, a co-sponsor, actually claimed that bans and taxes on plastic bags don't stop litter — and claimed their bill would encourage more plastic bag recycling, much of which is done by bag manufacturers.

"That's where the focus should be," Farry said. "People shouldn't be littering … but you have to look at the real world and ask, 'Where is the greatest impact?'"

The bill passed the state house, 102-87, in April. It reached the Senate finance committee on Monday and is awating a vote by the full Senate.

Additional reporting by Sam Newhouse.

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Cosby told his accuser pills would relax her, prosecutor at trial says

Cosby's defense has taken aim at his accuser's credibility. GETTY IMAGES

The former TV star has denied any wrongdoing and said the encounter was consensual.

The last words that Bill Cosby's accuser heard before drifting into semi-consciousness were that the pills he had given her would help her relax, a Pennsylvania prosecutor said at the start of the comedian's trial Monday.

But the pills left the woman, Andrea Constand, unable to resist the alleged sexual assault as she lay on a couch in his suburban Philadelphia home in 2004, Assistant DA Kristen Feden said.

"Trust, betrayal and the inability to consent — that's what this case is about," Feden said, as Cosby listened a few feet away, brows furrowed.

Dozens of women have accused the 79-year-old entertainer of sexual assault, but Constand's case against the man she considered a mentor is the only one recent enough for criminal prosecution.

Defense attorney Brian McMonagle countered that Cosby, whose star burned brightest in the 1980s TV hit "The Cosby Show," is the victim of false accusations. He said that Constand's initial allegations were investigated in 2005 and found to be insufficient at that time.

"Today I get a chance, with your help, to right a wrong," he told jurors. "I get a chance, with your help, to protect a man from the destruction of the rest of his life."

The allegations have effectively ended Cosby's long career, built on a family friendly style of comedy that had earned him the moniker "America's dad."

Cosby walked into the Montgomery County Court of Common Pleas outside Philadelphia, on the arm of Keshia Knight Pulliam, who played the pigtailed Rudy Huxtable in the show.

Cosby has denied any wrongdoing and said the encounter with Constand, who worked at Temple University, his alma mater, was consensual.

McMonagle took aim at Constand's credibility, focusing on inconsistencies in her accounts to authorities in 2005.

Constand, who did not report the alleged assault for nearly a year, initially told police she had not maintained contact with Cosby after the incident.

> *"Trust, betrayal and the inability to consent — that's what this case is about."*
> Assistant DA Kristen Feden

In fact, McMonagle said, she called him 53 times.

Prosecutors said they will call a psychologist to testify that victims of sexual trauma sometimes engage in seemingly irrational behavior, including maintaining a relationship with their assailants.

Another accuser whom Feden identified as Kelly Johnson will also testify during the trial. Johnson, who like Constand sought out Cosby's career advice, was also drugged and sexually assaulted in a "strikingly similar" manner in 1996, Feden said. REUTERS

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Contractor discovers mysterious urn in North Philly home, seeks next of kin

This urn was discovered containing the cremains of Alice T. Meeks, and her family is being sought so it can be returned. COURTESY OF EDDIE BOWE

A local contractor made a unique discovery while assessing a home in North Philadelphia that is set to undergo renovations — the cremated remains of a woman who died in 1992.

Now, he's hoping to reunite them with the woman's family.

"It looked like someone came in and took everything, but they left her behind," said Eddie Bowe, the contractor who found the ashes.

While evaluating a home on North Carlisle Street, Bowe said he saw a strangely shaped golden box.

The box turned out to be an urn with a small plaque that read, "Alice T. Meeks, July 4, 1913 – December 28, 1992."

Now, Bowe said, he's trying to track down Meeks' family to make sure that the woman's cremains can be with her loved ones.

Bowe said that he's done a search of former owners of the property, but he has not yet found anyone who might be related to Meeks. He said that he's planning to wait a month in the hopes of tracking down a relative.

If he is unsuccessful, Bowe said he plans to hold a ceremony on July 4, which would have been Meeks' 104th birthday.

Bowe has posted a photo and description of the urn holding Meeks' ashes on Facebook, and he's asking anyone related to her, or who might have information on her family, to reach out to him.

As of Monday afternoon, the post had been shared 1,631 times.

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THE PRESIDENT'S RUSSIAN WINTER

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

Summer descended in earnest this week in D.C., making shirts stick to the backs of sweaty lobbyists and causing hot-headed partisans to practically burst into flames. But at the besieged White House, the Russia probe has things as chilly as the ice palace in "Doctor Zhivago." With good reason. The march of cold-hearted investigators is moving steadily closer to Team Trump, their icy eyes squinting for the truth.

At the sharpest focal point, former FBI Director James Comey will testify before the Senate Intelligence Committee on Thursday. He will be asked if he felt pressured to drop the Russia probe before the president sacked him. The president denies interfering, but if Comey disagrees and calls it obstruction of justice, the Russia probe will instantly rise to a whole new intensity. And trust me, this town is already going nuts over the mere possibility.

Beyond that, the House Intelligence Committee has now issued the first subpoenas of the Russia affair, trying to compel dismissed national security adviser Michael Flynn to tell what he knows. They're going after the president's personal lawyer, Michael Cohen, too.

And don't forget the work of special counsel Robert Mueller, who is leading the FBI probe. It is increasingly clear his scope is not just the Russians or the election. Rather, all indications are he could cast a broad net to consider any wrongdoing by any Trump associates at any time over the past decade.

Will any of this turn up shenanigans? I have no idea. All the president's representatives have insisted from the get-go there is nothing to be discovered: no collusion with the Russians, no illicit deals, no tipping of the election. To hear them tell it, the entire kerfuffle is "fake news" at its worst.

But remember, when it comes to the Congressional probes, they are happening not because Democrats want them but because Republicans are allowing them. And for a Republican president to see his own party slow-walking forward such potentially damaging efforts — well, yeah, that ought to make his blood run cold.

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ROB WONDERLING

According to the U.S. Census Bureau, for the first time in 31 years, Pennsylvania's population declined in 2016 — dropping by more than 7,600 residents. In fact, Pennsylvania is one of only eight states to lose population over that 12-month period. In addition, Pennsylvania's unemployment rate lags the national unemployment rate by the widest gap in more than three decades.

To address this malaise, Pennsylvania's private and nonprofit sectors must take the lead in creating an economic agenda for growth — the Grow PA initiative will endeavor to do just that.

Grow PA seeks to convene people and organizations in key sectors of Pennsylvania's economy to establish a modern economic growth agenda for the 21st century. Possible focal points include: modernizing all facets of our infrastructure, leveraging our energy assets, transforming postsecondary education and accelerating the development of innovation in healthcare technology and delivery. The goal is to develop a roadmap for economic growth for the commonwealth of Pennsylvania that will influence the candidates' platforms for the 2018 governor's race and beyond.

Our vision is as follows: The Keystone State, located in the heart of America's largest market, is poised to become the economic engine driving growth in the northeastern United States. Pennsylvania's inherent strengths in healthcare, energy, postsecondary education with world-class research institutions and a modern infrastructure are driving business development and expansion.

To start the conversation, we created an online newsletter — a weekly look at lessons on how Pennsylvanians across the state are

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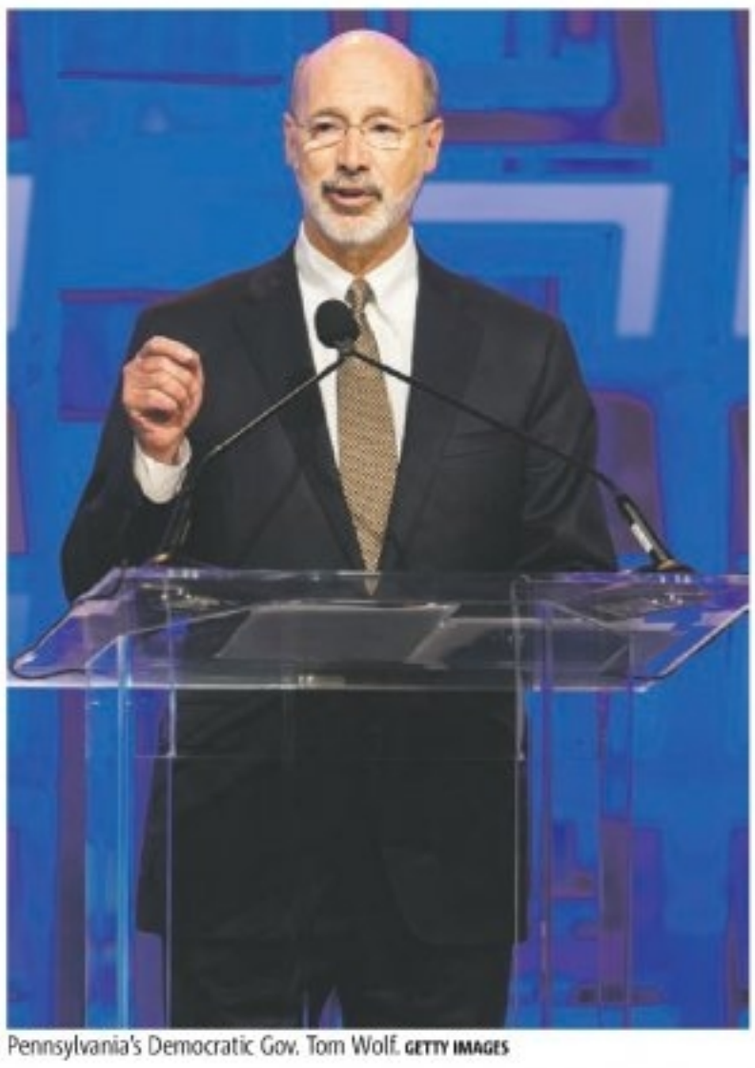

Pennsylvania's Democratic Gov. Tom Wolf. GETTY IMAGES

developing economic growth. This is both a pilot reporting series and a partnership that began with a conversation between the Chamber of Commerce for Greater Philadelphia and Technical.ly.

Our initial test market for these stories includes (but is not limited to) the following locations:

- Southeastern PA's Montgomery and Chester counties
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- The Laurel Highlands of Indiana and Cambria counties

We want you to be a part of this important discussion. To share your story ideas, please contact Tony Abraham, the lead editor for Grow PA, at tony@technical.ly. To check out our site, visit: technical.ly/series/grow-pa.

We encourage you to share this information. The more people we get involved to Grow PA, the better.

As always, if you have any questions, don't hesitate to contact me at rwonderling@chamberphl.com.

Let's get the word out and Grow PA!

Rob Wonderling is president of the Chamber of Commerce for Greater Philadelphia.

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WTF is wrong with you, Rudy?

This is disturbing on many levels.
ALL PHOTOS GETTY IMAGES

Keisha Knight Pulliam, an actress who found fame as youngest daughter Rudy on "The Cosby Show," joined Bill Cosby for the first day of his sexual-assault trial. My question, dear ones, is WTF?

The 38-year-old was seen strolling into court with Cosby, just a-smiling, and I assume skipping to a tune that only the two of them could hear. Typically, defendants in a trial such as this one don't go to the courtroom with such an unbridled sense of joy. But Cosby and Knight Pulliam are having the best time and it's all very disturbing!

Cosby, 79, is accused of drugging and sexually assaulting former Temple University employee Andrea Constand in 2004 in his mansion in Elkins Park, Pennsylvania. He faces (and has denied) similar allegations from more than 60 women.

His spokesperson, who appears to be a low-level Sean Spicer-type, says it's not even about like, being guilty or innocent, you know? "[Keisha is] not here to proclaim guilt or innocence… She wants people to stop listening to the sensationalism and come hear the truth."

So again, I ask of you — WTF, Rudy?

Liam Gallagher and Noel Gallagher are still feuding, BTW

Ol' Twitter fingers strikes again.

Liam Gallagher is going after his brother Noel because Noel wasn't at the One Love Manchester benefit.

After his own performance Liam took to Twitter to detail his displeasure with his former Oasis bandmate.

"What an amazing night last night pure love vibrations nobody comes close to Manchester love forever," he wrote, ignoring the basic concepts of syntax and punctuation.

"Noels out of the f—king country," he wrote. "Love get on a f—king plane and play your tunes for the kids you sad f—k."

Liam and Noel's relationship is famously contentious, even though they are aged 44 and 50 respectively. Liam talked about the strained relationship on BBC Radio One last week, saying "Everyone knows I love our kid. He doesn't speak to me … but we'll get over it."

To be honest, I wish they would get over with it sooner rather than later.

Halle isn't pregnant, she just had a satisfying meal

Over the weekend, a gentle breeze blew through the dark corners of the internet, whispering, "Is Halle Berry pregnant, or nah?" Looking at the photo, I thought to myself — "That doesn't look pregnant. That looks like someone enjoyed a few healthy helpings of Chipotle," having done the same thing just moments before.

Turns out, the thrice divorced 50-year-old was on the same page. Berry took to Instagram to offer a clear and concise message. "Can a girl have some steak and fries??" Yes, Halle. A girl can.

Her rep also went on the defense, speaking with Page Six to put the rumors at rest. "It is completely untrue. She is not pregnant."

Rumors started flying after Berry attended the Chrysalis Butterfly Ball in Los Angeles on Sunday. She awkwardly cradled her abdomen most of the time, which is not something one typically does when their baby is composed chiefly of food. It was pretty confusing!

But yeah, note to all: Don't come for a lady with a slight bloat.

We've all been there, girl.

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John Slattery on what a real leader looks like (not Trump)

The "Mad Man" alum talks playing Eisenhower in "Churchill," fake news and "Veep."

MATT PRIGGE
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John Slattery isn't a fan of our sitting POTUS. You can even see that in the films and TV shows he makes. "Spotlight" is a valentine to journalism; "Veep" (on which he played Selina Meyer's boyfriend last season) is a darkly funny look at the White House. Right now, he has the movie "Churchill," an account of the lead-up to D-Day, when Britain's prime minister (played by Brian Cox) dukes it out with Slattery's Gen. Dwight D. Eisenhower about whether one of the biggest battles of World War II was a good idea or not. Watching two of the most legendary leaders of the 20th century, one can't help but wish people like them were in power right now.

From Roger Sterling to Ike: John Slattery plays Gen. Dwight D. Eisenhower in "Churchill," now in theaters. COHEN MEDIA GROUP

This obviously wasn't the intention when you shot this, but it's surreal watching a movie about great, inspiring leaders in an age when America has one who's none of those things.

You think? Not that there aren't great world leaders in other parts of the world. Other parts of the world seem to still be going after the best and the brightest. I do think it's interesting that [Trump] kept referring to her as "Crooked Hillary," and here we are, three and a half months in, and he's being investigated eight ways from Sunday.

It's hard not to wish for a Churchill or an Eisenhower right now. Even if you didn't always agree with their actions, you respected them.

You know what it is? Eisenhower was a trusted individual from start to finish, whether it was to get a job done or to motivate someone to give you his straight opinion. He was smart, he was a student of history. He wasn't known as a great strategist or a great field commander. But he could deal with people. He had the trust of everyone. He didn't have to be the smartest guy in the room. I think that's what a great leader is — someone who lets the best ideas win. We're so far from where we ought to be in that regard. I don't mean just You Know Who. It's also the partisanship that's ruining us. If someone has a good idea, let's use it.

GETTY

No one wants to work together. It's blind and uncompromising allegiance to the party.

They're just there to stay there. They get to Washington, then they realize, "This is where I want to be. I'm going to do whatever I need to stay here, in power."

It sounds a lot like "Veep," actually, where everyone is just a venal careerist.

It's less interesting than "Veep." Or it's more surreal. It's crazier. And they keep saying, "These shows stole our storylines," whether it's "House of Cards" or "Veep." They say, "We thought up the most insane treatment of this group of people, and they're nothing close to what's actually happening."

On journalism

"Spotlight" is another thing you did that keeps seeming more and more relevant. That film is about journalism at its best, and right now it's under fire.

I don't know if it's worse, actually. Obviously there's the fake news cycle, but this is what journalism is supposed to do. It's suppose to withstand the malpractice of institutions and uncover them. When someone calls it "fake news" so they can blanket everything set against them as fake news, real journalism will withstand that. It will be uncovered if someone acts in an untoward way. It seems like it's working. It certainly seems to be getting under their skin.

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Whether you want to grow them yourself, make jam or just eat them by the handful, strawberry season is approaching. You won't find that perfect flavor in the grocery store, however. Here are tips on where to find the freshest strawberries near Philly and how to pick the patch.

Start at the Strawberry Festival

Historic Strawberry Mansion hosts the ninth annual Strawberry Festival on June 10. Pick your own berries, get a tour of the mansion and check out a beekeeping demonstration. If you want to put your baking to the test, enter the strawberry dessert contest. Plus, Parks on Tap will be there for a pop-up beer garden and other fun activities. The festival is the only time where you can pick your own strawberries directly in the city.

Take a day trip outside the city to pick your own

Phil Forsyth of the Philadelphia Orchards Project gives props to Linvilla Orchards in Media (137 Knowlton Road). Drive a little further to Weaver's Orchard at 40 Fruit Lane in Morgantown. Pick as much as you want and pay by the pound. Tip: Most places charge less per pound when you pick more. Grab some friends and split your loot at the end of the day.

Strawberries fresh from the farm won't taste like most store-bought berries

Fruit is obviously best when it's fresh, but strawberries go through a particularly interesting process to get from the patch to the grocery store shelf. "The ones at the supermarket are picked unripe and influenced to turn red," says Forsyth. "They wouldn't do that in their natural state. They aren't aromatic in flavor."

Pro tip: Look for the smaller berries

Smaller strawberry varieties have a lot more flavor. Look for places that sell multiple varieties so you can do a taste test and find the perfect berry for baking or snacking.

Want to grow them at home? It's easier than you think

"Strawberries are one of the easiest plants to grow," says Forsyth. "You can put them in containers or window boxes, or plant right in the ground. They like rich soil, so get some compost." Strawberry patches will produce good crops for four or five seasons. After that, it's good to start a new patch to get the best berries at home.

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Big fan of bacon and beer? This weekend you're in luck because the Bacon and Beer Classic comes to Philly for the first time, featuring 50-plus craft beers for sampling, food that's chock-full of bacon and unlimited bacon strips to munch on.

"Philadelphia is home to so many amazing restaurants and boasts a quickly growing beer scene," says Kate Levenstien, founder of Cannonball Productions and the Bacon and Beer Classic in a press release. "My team and I can't wait to showcase the best bacon dishes and brews this city has to offer."

Participating restaurants include: Chifare, Coreanos, Crabby Cafe and Sports Bar, Gunner's Run, Passanante's Home Food Service, Stockyard Sandwich Co. and the newly opened Urban Village Brewing Co.

On the beer side of things, 21st Amendment Brewery and Alpine Beer Co. out of California and regional favorites like Evil Genius out of Philly and Forgotten Boardwalk out of South Jersey are on the lineup.

If you get tired of eating and drinking, you can dive into a game of giant Jenga or get your photo taken at the photo booth. Feeling competitive? Take part in the bacon eating contest. The winner will receive a year's worth of Hormel Black Label bacon.

Guests can choose between an afternoon session from 12:30 to 3 p.m. or the evening session from 4:30 to 7:00 p.m.

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For more information, visit: baconandbeerclassic.com.

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THE FAILURE OF PHILLIES PITCHING COACH MCCLURE

THE SPORTS PROFESSOR

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Will switching to a new pitching coach help solve the Phillies woes on the mound? GETTY IMAGES

The Phillies are highly unlikely to fire pitching coach Bob McClure this season. I'm OK with that. Bringing in a new trail guide mid-stream could confuse the young arms and backfire just as likely as it could succeed.

But that doesn't make it unfair to assess the job McClure has done in his four seasons crafting this staff.

By any measure, that's been a failure.

Start by comparing year-to-year stats. In his first season, 2014, McClure had Cole Hamels, Jonathan Papelbon and Cliff Lee, at least in part. The team's ERA was a decent 3.79.

Since then, the digression — of talent and statistics — has been scary. Team ERA went to 4.69 in 2015, to 4.63 last year and 4.94 this season — worst in all of MLB. Homers allowed is an industry worst 1.6 per nine innings, dreadful enough that fans throwing back those potential souvenirs risk repetitive stress injuries.

Most frightening is this: Pitchers never seem to get better under McClure's tutelage.

Vince Velasquez arrived in the 2015 trade that shipped out Ken Giles, brandishing an electric arm that occasionally found the strike zone. In his second start as Phillie, Vinnie V struck out 16 in a three-hit shutout.

In 15 months since, Velasquez has mostly proven unable to control secondary pitches and remain on the mound past the fifth inning. In a public plea for help last month, he called himself, "clueless … a chicken running around with its head cut off."

How much of that is on the player and how much on the coach? Tough to say. It always is. But it's clear that the lessons McClure tried to impart have not been received by Velasquez's brain.

And then there's Jerad Eickhoff, last year's most dependable starter, who hasn't won a game all season. Back on May 10, McClure said that "mechanical issues" were to blame to Eickhoff's woes, and an adjustment could quickly fix it. Since then, Eickhoff is 0-3 with a 5.85 ERA.

This list goes on. Hector Neris, last year's bullpen revelation, has given up more hits and homers this season, while striking out fewer batters. Youngsters like Zach Eflin, Nick Pivetta and Adam Morgan come up, go down, come back and never seem to improve.

There's culpability to share for this abysmal pitching staff. Injuries play a role, as they have with Aaron Nola. Other organizational pitching coaches — those in the minors — may be sending mixed messages. Catcher Cameron Rupp's pitch selection has been criticized, begging the question of why McClure or Pete Mackanin don't take over that task.

And sometimes pitchers fail because, well, they're just too stubborn to take instruction. Most of any player's success or failure relates back to what he sees in the mirror.

But you'd like to be able to cite one success from Bob McClure, one pet project who stands tall and thanks the pitching coach for his newfound brilliance. And that guy's not here. Instead it's starters who get chased from the game while you can still catch the end of "Wheel of Fortune," followed by four innings of Bullpen Roulette.

Wentz, Jeffery on-field chemistry continues to build

Just wait until Carson Wentz and Alshon Jeffery hit the field together for the first time in the newest iteration of the Eagles' offense. There's some exciting potential there.

The duo made an impressive play in practice at OTAs Monday, as Wentz rolled far left out of the pocket and, on the run, gunned a spiral through traffic to his new big-threat wide receiver. It was the highlight of a rainy day of spring rehearsal.

"It was kind of a broken play," Wentz told the media after the session. "It was a play-action pass and I just didn't feel comfortable with the routes and they had it covered pretty well so I scrambled and made a play. Alshon had really good recognition to take it deep, Torrey [Smith] was in the intermediate area and I had confidence in going to Alshon deep."

The play was impressive for a number of reasons, the most interesting of which was the seeming chemistry Jeffery and Wentz appeared to have on the field after having worked together for just a few short weeks. However, without pads on and still at the beginning of June, it was just a rep in practice.

"He's a great quarterback," Jeffery said of the 35-yard or so reception. "It was a scramble play. Coach always says: If someone goes short, someone go deep."

Jeffery admits there is a lot of work to be done, not just on the field but off it too. Getting to know the intricacies of how a teammate approaches the game and how they perform on the field doesn't happen over night.

"I think the same time you spend on the field is the same time you have to spend off the field, hanging out and talking about football," Jeffery said. "It shouldn't take that long, maybe a couple weeks, but for the most part I think we are all clicking and getting along." EVAN MACY

Carson Wentz is hoping to find an open Alshon Jeffery frequently in 2017. GETTY IMAGES

Sixers GM says team wants to work out Ball

There were reports that came out suggesting Lonzo Ball, a projected top-three pick in the upcoming NBA draft, had interest in meeting with only two teams: the Los Angeles Lakers and the Philadelphia 76ers.

The 76ers general manager, Bryan Colangelo, denied those reports, saying he wasn't sure where that report came from. That being said, he did say the team is interested in working out Ball.

"We certainly have an interest in meeting and talking with all top 10 prospects," Colangelo said at the Sixers training facility following the team's private workout with six mid-to-low-tier prospects. "We've met with several, had some workouts on the road. We're moving along trying to get as much information as possible.

"It's certainly something we'd like to arrange with Lonzo."

Ball is not among the few top 10 prospects the team has met with on the road or in private workouts. Colangelo would not disclose which players in that group the team has been in contact with.

A potential Ball-to-Philadelphia scenario would certainly draw mixed reactions from the fan base. As a player, Ball may very well be the No. 1 prospect and his skill set would fit in very well with what the Sixers are looking to do with Ben Simmons and Joel Embiid.

The elephant in the room, though, is his father, Lavar, who has become an overnight celebrity for his outlandish remarks and the Big Baller Brand company.

On Friday in an interview on the "Carlin and Reese Show" on WIP, Sixers adviser Jerry Colangelo said Ball's talent is unquestioned, and he shouldn't be passed over because of his family, even though he admits it could be an issue.

"I think it's going to be challenging with the people around him, without being specific," Colangelo said on the airwaves.

The Sixers own the No. 3 pick in the draft, which will be held on June 22. A lot will change over the next three weeks, and the Ball-to-Philadelphia rumor will certainly have its ebb and flow as the team remains hopeful it can get him in for a workout.

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Pump up the AC and grab a cold drink, because it is full-on, sultry summer. After the longest winter ever, the season of sweat is here, and we need some relief. On 80-plus-degree days, there's nothing better than a cold, refreshing smoothie — especially when you're so overheated, you can't even stomach a whole meal. What should you be sipping on, and how can you be sure it's actually good for you?

"The best smoothies for you are those that have a combination of fiber and protein without a lot of added sugar," explains nutritionist **Keri Gans**.

For protein, she recommends Greek yogurt, cottage cheese, low-fat milk, soy milk or nut butter. Get your fiber by way of greens and fruit; and healthy fats are good — avocado, chia or flax seeds, for example — but she cautions that you should include only one serving, to keep the calorie count down.

A typical breakfast smoothie shouldn't be more than 350-450 calories, she says; and if your smoothie is your snack, aim for around 200. She shares her orange splash smoothie, (350 calories, 27g protein, 8g fiber), which combines yogurt, strawberries, a quarter cup of orange juice and chia seeds. For the recipe: kerigansnutrition.com.

For holistic health coach and nutritionist **Kerri Axelrod**, avocado, berries and maca powder (an herb and a superfood) are her go-to smoothie ingredients. Her maca green smoothie bowl combines spinach, unsweetened almond milk, banana and maca powder. For a garnish, she mixes it up

Kerri Axelrod's Green Machine Smoothie Bowl. INSTAGRAM.COM/@KERRIAXELROD

— chia or hemp seeds, blueberries and shredded coconut are all favorite toppings.

"I love maca for its adaptogenic properties to help fight off stress and fatigue," Axelrod explains. "I also notice an increase in mental and physical energy levels when using maca regularly. Avocado provides healthy fats to keep you satiated but also make the smoothie bowl creamy, and berries add a touch of sweetness and antioxidants while being lower on the glycemic index than tropical fruits commonly used in smoothie bowls."

Lyssie Lakatos and **Tammy Lakatos Shames**, aka the Nutrition Twins, love a high-protein, low calorie blueberry banana smoothie, combining blueberry and banana with kale, pineapple, Greek yogurt and coconut flakes. "Blueberries flood your body with anti-aging and disease-fighting phytonutrients and anti-inflammatory compounds, as well as bloat-fighting potassium and water," they write. Paired with the pineapple, it's a great source of vitamin C, while kale provides detoxing properties.

Green Machine Smoothie Bowl, courtesy of Kerri Axelrod
Ingredients:
2 cups of spinach
1 cup unsweetened almond milk
½ avocado
½ frozen banana
1 tsp maca powder
Ice
Optional: 1 tsp honey, 1 tsp matcha or protein powder
Directions:
Place all ingredients into a blender and blend well. Pour smoothie into a bowl. Garnish with toppings of your choice (chia seeds, hemp seeds, berries, mulberries, unsweetened shredded coconut, etc.).

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PUBLIC NOTICE OF SUBMISSION OF A NATIONAL POLLUTANT DISCHARGE ELIMINATION SYSTEM (NPDES) PERMIT APPLICATION

Rise Labs, LLC, 30 S. 15th Street, Suite 1000, Philadelphia, Philadelphia County, Pennsylvania, intends to make application with the Southeastern Regional Office of the Pennsylvania Department of Environmental Protection (PA DEP) for an NPDES permit.

The site is currently a vacant Superfund Site. The site is proposed to be used as a growing/processing facility. The site will implement different levels of security and all operations will be performed inside a building to be constructed at the site. The application will permit the facility to discharge stormwater from the site to the Delaware River.

This application is made under the provisions of the Clean Streams Law, the Act of June 22, 1937, P.L. 1987, as amended. Persons desiring additional information concerning this permit application should contact the applicant as indicated above. Persons who wish to comment on this application should contact the company as indicated above, or the PA DEP at the following address: Mr. Pravin Patel, PA Department of Environmental Protection, Southeastern Regional Office, 2 E. Main Street, Norristown, Pennsylvania, 19401.

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Court of Common Pleas for the County of Philadelphia. May Term 2017, No. 000870. Notice is hereby given that on May 4, 2017 the petition of Maxine Barr was filed praying for a decree to change her name to Maxine Barefield. The Court has fixed June 15, 2017 at 10 o'clock AM., in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of said petition should not be granted.

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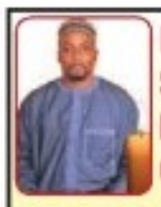

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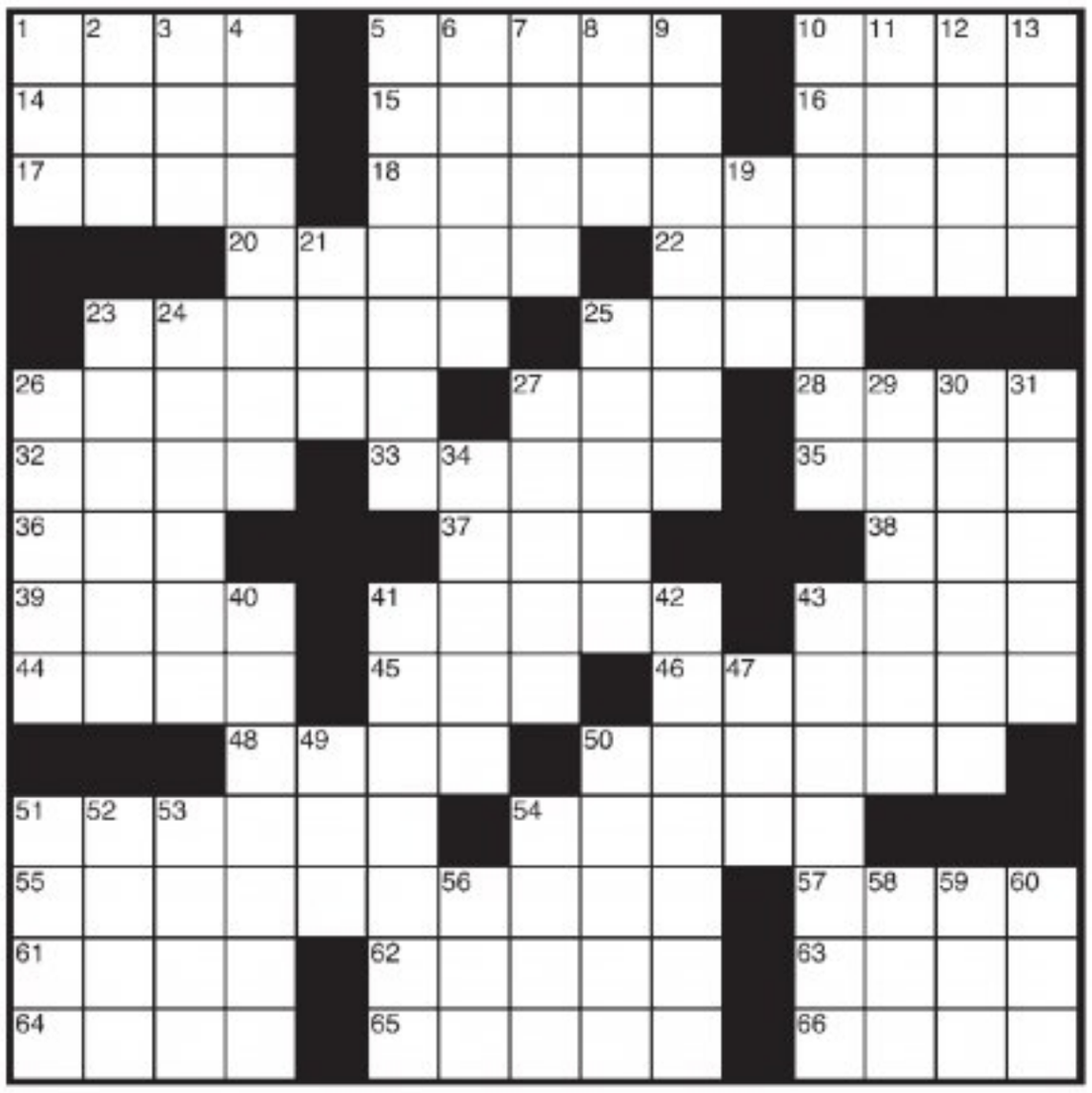

Across
1 Kind of radio
5 Queenly
10 Attorneys' degs.
14 "Old MacDonald -- -- ..."
15 Related to mom
16 Yvette's eye
17 Nearly shut
18 Stunned (2 wds.)
20 Charlatan
22 Pine tree products
23 Quarter
25 It may be charmed
26 Moon goddess
27 Swampy area
28 Uh-uh
32 That's -- --!
33 Open-back shoe
35 Pantyhose woe
36 Autumn mo.
37 Mi. above sea level
38 U.K. part
39 Patella site
41 Take forcibly
43 Linger
44 Part of PBA
45 Tack on
46 Attacked the fridge
48 Cows' mouthfuls
50 More than coarse
51 Loath
54 Fire engine gear
55 Common blessing
57 Hagar's daughter, in the comics
61 Edges a doily
62 Ammonia compound
63 Wednesday's god
64 Plasterer's strip
65 Like Amundsen
66 Salad bowl wood

Down
1 I knew it!
2 Capt.'s superior
3 Rx monitor
4 Theater sign
5 Consumer lures
6 Tennyson's "– Arden"
7 Stare
8 Water off N.C.
9 Ogling
10 Unlaces
11 Strauss of blue jeans
12 Good, in Baja
13 35mm cameras
19 Rock's – Leppard
21 Footed vase
23 Law breakers
24 Relish-tray items
25 Mardi Gras followers
26 Decaf name
27 Worked with nails
29 Lake near Syracuse
30 Cater to
31 Urged on
34 Adds pork fat to
40 Form a hard coating
41 Tackled the job (2 wds.)
42 Board member
43 Honcho (2 wds.)
47 Frothy brew
49 Seal's org.
50 Annuls
51 PR persons
52 Wienerschnitzel base
53 This senora
54 Charles to Elizabeth
56 Med. plan
58 Lyric poem
59 Ms. Peeples of TV
60 Squid's weapon

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easy

		3	9					2
	7		2		8	4	3	
	8			6			7	
						2		9
7	9			3			1	8
8		4						
	5			7			2	
	4	8	1		9		6	
2					4	1		

hard

	4			6			9	
		2	5		1			
6	9	1		3		2		5
5	8	7						
						6	5	3
9		8		7		5	6	2
			3		5	8		
	5			8			3	

metro.us/horoscopes

Aries Put your heart into important relationships. If you love someone, let them know, and if you want to collaborate with someone, speak up. Make things happen.

Taurus Emotions should be channeled into your quest for professional success. You can sign deals, settle legal matters and deal with financial institutions with confidence.

Gemini Someone will feed you false information. It's important to look at every angle before you make a decision. Your reputation may be at risk. Do your own research.

Cancer A creative project will interest you. Discussing your ideas with someone in power will help you gain perspective regarding what's entailed and the best way to excel.

Leo Use a little ingenuity when dealing with joint money ventures or home improvement projects. Don't let anyone take advantage of you. Do your homework.

Virgo Keep matters that concern you out in the open to avoid damage to your position, status or reputation. A conscientious attitude will encourage honesty and integrity.

Libra Put a creative twist on any project you take on. Looking for alternative ways to do things will attract entrepreneurial types who are quite willing to give your ideas a chance.

Scorpio Explore creative venues. Attend events that will encourage you to look at life differently. A change of attitude will help you adopt a simpler, more rewarding lifestyle.

Sagittarius Show greater stability by making up your mind, acting on your own and doing things your way. Don't let confusion set in due to a manipulative interloper.

Capricorn Walk away from anyone or any deal that appears unstable. Protect your reputation and cash from a sketchy situation that could be an expensive failure.

Aquarius An opportunity to make a move or improve your living arrangements is apparent. Consider what you want, and don't be afraid to set your plans in motion.

Pisces Your intuition will not let you down when dealing with money, contracts or legal matters. Follow your gut and make alterations that will secure your home. EUGENIA LAST

Yesterday's answers

■	A	B	S	■	S	Q	U	A	B	■	G	O	T	■
B	L	O	C	■	T	U	R	B	O	■	H	U	E	S
B	A	S	H	■	R	O	L	E	X	■	A	G	H	A
B	E	N	E	F	I	T	■	L	E	A	S	H	E	S
■	■	■	M	A	C	H	U	■	L	A	T	T	E	S
A	B	J	E	C	T	■	T	I	D	A	L	■	■	■
B	L	A	S	T	■	J	E	T	E	■	Y	U	K	S
B	U	M	■	O	P	E	N	E	R	S	■	C	E	E
R	E	B	A	■	U	S	S	R	■	A	F	L	E	A
■	■	■	M	U	L	T	I	■	G	R	O	A	N	S
J	A	W	O	H	L	■	L	I	L	A	C	■	■	■
A	R	O	U	S	E	D	■	M	A	N	U	A	L	S
D	E	R	N	■	D	E	B	A	R	■	S	C	A	R
E	A	S	T	■	U	S	A	G	E	■	E	N	D	S
■	S	T	S	■	P	I	L	E	D	■	D	E	E	■

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